

## **SENIOR PHOTO IDENTIFICATION CARD**

The Norfolk County Sheriff's Office and the Foxborough TRIAD are excited to announce a new program: the Senior Photo Identification Card. This program will supply seniors with a secondary form of identification, free of charge, from the Sheriff's Office in conjunction with the Foxborough TRIAD. Seniors interested in this program should come to the Foxborough Council on Aging on Wednesday January 16, 2013 between the hours of 1p.m and 2p.m.

In order to receive this FREE photo ID, seniors will need to provide one of the following:

- A valid Mass Driver's License
- A valid US Passport
- A valid Mass RMV Photo ID

For more information, please contact us at (781) 751-3516 or email [jcanavan@norfolksheriffma.org](mailto:jcanavan@norfolksheriffma.org).

## **TRIAD**

What is TRIAD? TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens and to enhance their awareness of support services. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors, and help improve the quality of life of all citizens, especially seniors. TRIAD, a senior citizen run and directed group, currently has openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns by becoming involved in this important organization. TRIAD meetings are usually held on the third Wednesday of each month at 1:00 p.m. Our next meeting will be on January 16<sup>th</sup>. Everyone is welcome to attend these informational sessions. For information on the TRIAD programs, please call the senior center at 508-543-1252.

### **Monday, January 14**

Sit & Be Fit 9:30 a.m.

Tai Chi 10:45 a.m.

Knitting 1:00 p.m.

Shaw's 1:00 p.m.

### **Tuesday, January 15**

Stretch and Balance 8:30 a.m.

Nutrition 11:00 a.m.

Movie Day-"Goya's Ghost" 12:30 p.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

### **Wednesday, January 16**

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Video Lecture Series: History of the United States 11:30 a.m.

TRIAD-Senior Identity Program 1:00 p.m.

Wal-Mart 1:00 p.m.

Zumba 2:30 p.m.

### **Thursday, January 17**

Ceramics 9:00 a.m.

SHINE 10:00 a.m.

Low Visions Support Group 1:00 p.m.

COA & HS Board Meeting 5:00 p.m.

### **Friday, January 18**

Stop & Shop 8:30 a.m.

YMCA Exercises 9:30 a.m.

Cribbage 11:00 a.m.

Card Making 11:00 a.m.

Conversational Italian 1:00 p.m.

### **Saturday, January 19**

Friends of Foxboro Seniors Meeting 9:30 a.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. [www.foxboroughma.gov](http://www.foxboroughma.gov)

### **FRIENDLY VISITOR OPPORTUNITIES**

Are you looking for a way to reach out and help others? Have you ever thought about being a Friendly Visitor? Through this program, volunteers can help bring much needed socialization to individuals who have limited opportunities to leave their home and would benefit from a visit. If you are interested in becoming a Friendly Visitor, please call Noreen Sherys, Community Social Worker at 508-543-1252.

### **REGULARLY SCHEDULED** **CLASSIC MOVIE**

Come to the senior center for a movie classic on Thursday, January 24<sup>th</sup> at 1:00 p.m. and see "On the Waterfront." Winner of eight Oscars, director Elia Kazan's classic morality tale stars Marlon Brando as Terry Malloy, a has-been boxer who experiences a crisis of conscience while working for mobbed-up union boss Johnny Friendly (Lee J. Cobb). Terry turns a blind eye when Friendly's thugs kill a fellow dockworker to keep him from testifying in a corruption case, but he has second thoughts when the victim's sister (Eva Marie Saint) urges him to take a stand. You can watch this time honored classic, enjoy some popcorn, and socialize with each other. Please give us a call at 508-543-1252 to let us know that you will be coming.

### **MEN'S BREAKFAST**

Join us for a delicious breakfast and some socialization on Thursday, January 24<sup>th</sup> at our next Men's Breakfast when State Senator James Timilty will be our guest speaker. Senator Timilty will be happy to hear your questions and comments on concerns you would like to address. We all know that no issue is either 'black or white', so take advantage of this face-to-face opportunity to hear and discuss these matters from different angles. The men will be served breakfast at 9:00 a.m., and the presentation will begin at approximately 9:30 a.m. Women are invited and encouraged to join us at 9:30. The cost for breakfast is \$3. To participate in the breakfast, please call the senior center at 508-543-1252 to sign-up by Tuesday, January 22<sup>nd</sup>. As always, everyone is welcome to join us after breakfast has been served for the presentation portion of the program free of charge.

### **MOVIE DAY**

Our monthly Movie Day is scheduled on Tuesday afternoons at 12:30 p.m. Take in a good movie with friends while you enjoy the comfort of the senior center along with some fresh, hot popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection. Our next movie day will be Tuesday, January 15<sup>th</sup> at 12:30 p.m. when our feature presentation will be "Goya's Ghost." The lives of a great artist, a corrupted holy man, and a beautiful woman cross paths at a crucial moment in history in this epic-scale historical drama from director Milos Forman. Near the end of the 18th century, Francisco Goya (Stellan Skarsgård) is a gifted but controversial artist whose provocative and often satirical work has earned the enmity of the Spanish government as well as the Catholic Church, who hold tremendous power as the Inquisition rages. Surprisingly, Brother Lorenzo (Javier Bardem), a monk involved in the Inquisition, has hired Goya to paint a portrait of himself, and to prove to the Inquisitor General (Michel Lonsdale) he's not in cahoots with the renegade artist, Lorenzo targets

Inés (Natalie Portman), one of Goya's favorite models, as a possible heretic. Under torture from Lorenzo, Inés signs a false confession, and her wealthy and powerful father, Tomás Bilbatúa (José Luis Gómez), offers Lorenzo a taste of his own medicine by brow-beating him into signing a document confessing that his mother was an ape. Lorenzo flees Spain as his reputation lies in tatters, and Goya earns greater infamy as he paints a wildly unflattering portrait of Queen María Luisa (Blanca Portillo) under commission from her husband, King Carlos IV (Randy Quaid), but Inés remains in prison thanks to her coerced confession. Fifteen years later, Lorenzo has become a follower of the Enlightenment, and returns to Spain as Napoleon's forces storm the nation and the Inquisition finally collapses; Lorenzo attempts to liberate Inés from prison, but a shocking discovery awaits him. Please call 508-543-1252 to sign-up.

### **LOW VISION SUPPORT GROUP**

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on January 17<sup>th</sup>. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1252.

### **VIDEO LECTURE SERIES: "THE HISTORY OF THE UNITED STATES"**

As part of "The Great Courses" video lecture series from our Kastrenos Library of Illuminating Lectures, we will be offering "The History Of The United States" on Wednesdays at the senior center through May 8<sup>th</sup> from 11:30 a.m. to 1:00 p.m. Professors Gary W. Gallagher, Patrick N Allitt, and Allen C. Guelzo are a team of award winning experts on America's dramatic past. Join us as they explore the origins of our great country from the beginning settlements, to the American Revolution, to the Great Compromise. This is the story of how to make a republic--make it in the midst of a hurricane of economic change, make it despite conflict and prejudice, make it so that it re-makes its own citizens into a people utterly different from anything the world has seen before--and how to keep it or at times very nearly lose it. This series is touted as "pure intellectual stimulation" by *Harvard Magazine* and "a serious force in American education" by *The Wall Street Journal*. Please call 508-543-1252 to sign-up for this wonderful educational opportunity. Watch for other series to follow!

### **SHOPPING**

We will be going to Shaw's on Mondays at 1:00 and 1:30 p.m., and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. The following is a list of other shopping trips and outings we have planned. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center to arrange a ride.

January 16 Wal-Mart

January 23 Target

January 30 Luncheon Outing @ Foxboro Mandarin

### **WINTER WEATHER INFORMATION AND RESOURCES**

#### **YOU MAY QUALIFY FOR HELP PAYING FOR HEAT THIS WINTER**

The Low Income Home Energy Assistance Program (LIHEAP) helps eligible renters and home owners of all ages with winter heating costs. Renters may qualify even if heat is included in their rent. The maximum annual household income to qualify is \$31,271 for a single person, \$40,893 for 2 people, \$50,515 for a 3 person household, \$60,137 for 4 person household and so forth. If you qualify for this program, you may also qualify for reduced electricity and gas utility rates, information on saving energy, and weatherization services. Don't wait until you're out in the cold! Fill out an application at the Council on Aging & Human Services. Just call 508-543-1252 to make an appointment. The Fuel Assistance program is administered by Self Help Inc. which can be reached at 508-588-5440.

### **SAND FOR SENIORS**

"Sand for Seniors" is a community development project by the FOXBORO JAYCEES to help senior citizens

needing sand or salt during the winter season. If you are a Foxboro senior citizen who needs sand or salt, they can deliver a bucketful right to your door. Call Mohsen at 508-203-1670 and leave a message. You can also email him at [mohsenkh53@hotmail.com](mailto:mohsenkh53@hotmail.com).

### **SENIOR CENTER INCLEMENT WEATHER POLICY**

Please note that if the Foxborough Schools are cancelled due to inclement weather, the activities at the senior center are also cancelled and the Van-Go will be off the road. The offices at the Council on Aging and Human Services will remain open and available to assist you and answer your questions. Please call 508-543-1252 with any inquiries.

### **MEMA OFFERS STEPS FOR AFTER WINTER STORMS**

“Once the initial impact of a winter storm has subsided, there are still many additional challenges to be faced, from snow removal to power restoration,” states Massachusetts Emergency Management Agency (MEMA) Director Kurt Schwartz. “If you have taken the proper precautions, remain cautious and careful, you and your family are more likely to experience a successful outcome.”

- Be careful when shoveling snow. Over-exertion can bring on a heart attack – a major cause of death in the winter.
- Protect yourself by dressing for the season, wearing several layers of loose fitting, lightweight, warm clothing, rather than one layer of heavy clothing. The outer garments should be tightly woven and water repellent.
- Mittens are better than gloves.
- Wear a hat, as most body heat is lost through the top of the head.
- Cover your mouth with a scarf to protect your lungs.
- Watch for signs of frostbite: loss of feeling and white or pale appearance in the extremities such as fingers, toes, ear lobes or the tip of the nose. If symptoms are detected, seek medical help immediately.
- Watch for signs of hypothermia: uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness and apparent exhaustion. If symptoms are detected, get medical help, as soon as possible.
- Do not become a ‘spectator’. Continue to stay off streets and roads to allow plowing and clean-up operations to proceed smoothly.
- Help dig out fire hydrants and storm drains in your neighborhood.
- Avoid parking too close to corners, allowing Public Safety vehicles and plows to maneuver safely.
- Be aware of children playing in the streets, particularly climbing on or running out from behind large snowdrifts. Parents should remind their children to be aware of plowing operations and traffic.
- Clear exhaust vents from Direct Vent Gas Furnace Systems to avoid Carbon Monoxide (CO) poisoning.
- Never run an automobile until exhaust pipe has been cleared of snow.
- Safely reduce the amount of snow on roofs. The stress caused by heavy wet snow can challenge the integrity of the structure.
- Use care around downed power lines. Assume a down wire is a live wire
- Make sure emergency generators or secondary heating systems are well ventilated.
- In order to protect against possible voltage irregularities that can occur when power is restored, you should unplug all sensitive electronic equipment, including TVs, stereo, VCR, microwave oven, computer, cordless telephone, answering machine and garage door opener. Be sure to leave one light on, so you will know when power is restored.
- If your area has very wet snow or freezing rain, be aware that the weight of a one-half inch build-up of ice can be enough to snap tree limbs, causing them to fall and bring down power lines disrupting electrical service and introducing potential life-threatening situations. Never approach a downed line

unless you are trained to perform such work. Remember also to consider the weight of wet snow when shoveling.

- If you lose your heat, seal off unused rooms by stuffing towels in the cracks under the doors. At night, cover windows with extra blankets or sheets. Food provides the body with energy for producing its own heat.
- Be extra cautious if you go outside to inspect for damage after a storm. Downed or hanging electrical wires can be hidden by snowdrifts, trees or debris, and could be live. Never attempt to touch or move downed lines. Keep children and pets away from them.
- Do not touch anything that power lines are touching, such as tree branches or fences. Call your utility company to report any outage-related problem.
- Make sure you always have a well-stocked Winter Home Emergency Supply Kit that includes flashlights, portable radio, extra batteries, a first aid kit, bottled water, non-perishable food and a manual can opener. The use of candles is strongly discouraged.
- If pipes freeze, remove insulation, completely open all faucets and pour hot water over the pipes, starting where they are most exposed to the cold. A hand-held hair dryer, used with caution, also works well.
- Snow can be melted for an additional water source.
- Call the Information Telephone Service 2-1-1 for non-emergency storm-related questions.
- Be a Good Neighbor. Check with elderly or relatives and neighbors who may need additional assistance to ensure their safety.

The Massachusetts Emergency Management Agency (MEMA) is the state agency responsible for coordinating federal, state, local, voluntary and private resources during emergencies and disasters in the Commonwealth of Massachusetts. MEMA provides leadership to: develop plans for effective response to all hazards, disasters or threats; train emergency personnel to protect the public; provide information to the citizenry; and assist individuals, families, businesses and communities to mitigate against, prepare for, and respond to and recover from emergencies, both natural and man made. For additional information about MEMA and Winter Preparedness, go to [www.mass.gov/mema](http://www.mass.gov/mema). Also, continue to follow MEMA updates on Twitter at [www.twitter.com/MassEMA](http://www.twitter.com/MassEMA); Facebook at [www.facebook.com/MassachusettsEMA](http://www.facebook.com/MassachusettsEMA).

### **MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.**

**If you plan to eat, give Marcia at least two days notice by calling 508-698-0754. Suggested donation is \$2.50. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.**

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

#### **Monday, January 14**

\*Low Salt Hot Dog

\*Mustard

Hot German Slaw

Baked Beans

Hot Dog Roll

Strawberry Cup

#### **Tuesday, January 15**

Chicken Salad

German Potato Salad

Tossed Salad W/Dressing

Pita Bread

Fruited Jell-O

**Wednesday, January 16**

Macaroni & Cheese

Spanish Tomatoes W/Spinach

Whole Wheat Roll

Banana

**Thursday, January 17**

Roast Turkey W/Gravy

Cranberry Sauce

Whipped Potatoes

Winter Squash

Whole Wheat Bread

Apple Turnover

**Friday, January 18**

Beef Chili

Brown Rice

Multigrain Roll

Peaches